



48th Annual Governor's Conference on Aging and the Community Based Services Conference Presents



CONFERENCE AGENDA

Monday, September 12

3:00 PM – 7:00 PM Registration

5:00 PM – 7:00 PM Vendor set up - have assigned vendor tables

Tuesday, September 13 (Day 1)

7:30AM – 5:00PM -- Registration and Coffee



8:00 AM – 11:30AM HCBS Preconference Provider
Meeting/Training- Ballroom

9:00AM to 9:45AM -- Opening Session – Governors Conference
Welcome and Opening Ceremonies

- **Joan Taylor**, Chairman of the Governor's Council on Aging



9:45-11:00 - General Session Room

Keynote Speaker: Lance Robertson, Director of the Aging Services Division,
Oklahoma Department of Human Services

11:00-11:30 Break (for Centenarian Luncheon setup): Visit the Vendors

We ask that attendees clear the general session room and take all of your personal items so that we may set up and seat the Centenarians and their families first for the Centenarian Luncheon event.

11:30AM -1:20PM Centenarian Luncheon- Honoring Montana's Centenarians



Address/presentation of certificates:

Governor Steve Bullock has been invited to speak at this luncheon and honor Montana's Centenarians, those who are 100 years of age or older.

1:20PM-1:45PM Break – Visit the Vendors

We ask that you clear the room and take your personal belongings with you so that we can set up for the afternoon Keynote session

1:45PM -3:15PM - General Session

Having Positive Control Over Your Life

Keynote Speaker: Michael Smull,

Chair, The Learning Community for Person Centered Practices



How can you facilitate decisions for individuals and family members for current and future living arrangements. How do we ensure a quality of life for our loved ones. Michael will talk about the importance of person centered practices in working with not only those we care about in critical life decisions but empowering them to make their own choices.

3:15-3:30 Break – Visit the Vendors

3:30- 5:00 Break out Sessions

Session Topic/Room	Session Presenter(s) and Description
Guardianship Panel Presentation	<p>Gary Connelley -Attorney-at-Law, Jennifer Webber – Attorney-at-Law, Bernie Franks-Ongoy – Attorney-at-Law</p> <p>The session will be a panel presentation concerning the issues involved with Guardianship. Participants will learn the legal process and implications of Guardianship, when it can and should be used as an effective legal tool to assist an individual and when it may be ineffective. Panel members will bring their unique backgrounds and perspectives on legal and ethical issues involved in Guardianship. Participants will come away with a better understanding of Montana statute as it relates to Guardianship and what is being done on a local and state level to address related issues such as standards of practice, training of Guardians, who is responsible for oversight etc.</p>

<p>Person Centered Practice: Working with Seniors & Adults with Disabilities</p>	<p>Michael Smull; The Learning Community for Person Centered Practices.</p> <p>Individuals want real choices and the responsibility to choose the best possible lifestyle for them with the support they need. Michael will share person centered thinking tools that give attendees an opportunity to start supporting their consumers to lead the lives they want. These tools provide practical ways for Options counselors/facilitator, SHIP counselors and other professionals to gather information and assist with decision making support and action steps that make a real difference.</p>
<p>Fair Housing</p>	<p>Pam Bean, Montana Fair Housing</p> <p>This session promises to an interactive and fun presentation that will cover Fair Housing topics such as protected classes, prohibited practices, nondiscrimination laws, requests for reasonable accommodations and modifications, and the new criminal history guidance, protections for domestic violence victims, occupancy standards, and disparate impact.</p>
<p>Suicide Among the Elderly: Facts, Figures, and Formulas for Prevention</p>	<p>Karl Rosston, LCSW, Suicide Prevention Coordinator, Montana DPHHS</p> <p>This presentation focuses on suicide within our culture with specific attention towards our elderly population and Montana. The presentation covers national and Montana data, demographics of a suicidal person, warning signs, risk assessment, training on how to intervene with a suicidal person, evidenced-based practices, and resources available.</p>
<p>The Importance of Civic Engagement</p>	<p>Julie Beckett</p> <p>This presentation will discuss the importance of sharing your family member with the larger community and how to solicit their help. Grassroots to grass-tops approach letting others join in your knowledge.</p>
<p>You Can Make a Difference: Advocacy and Testimony</p>	<p>Claudia Clifford, Advocacy Director, AARP Montana, Erin McGowan, Smith & McGowan, Inc., & Bea Ann Melichar</p> <p>A must attend session for everyone who depend on county, state or federal funds to support your programs and services. Get up to date information on the issues that are affecting senior citizens and their families across the State of Montana. Then learn how to present your points quickly and clearly when you are giving testimony during the legislative session.</p>

Wednesday, September 14 (Day 2)

7:00-8:00 Starting the day with Robert Sweetgall- Nordic Walking 101 - Courtyard

Bring your energy and enthusiasm to work out with Robert Sweetgall as he demonstrates techniques for activities to get you moving and energized for the day.

This is a true hands-on participatory workshop involving “light” physical activity Designed to teach participants state-of-the-art Nordic walking techniques that improve balance, stability, Muscle tone, cardio function, all while taking significant stress off the feet, ankles, knees, hips and low back.

8:00-9:00 Coffee and Continued Registration

8:30AM-9:45 Banquet Room – General Session

Navigating on the Highway to Health... Choices, Crossroads & Consequences

Keynote: Robert Sweetgall, President, Creative Walking, Inc.



As Yogi Berra once said, *“When you come to a fork in the road, take it.”* Every day we make numerous lifestyle choices affecting our health, happiness and overall longevity. So often we do not realize the consequences of our choices, or that a choice is even being made. In this keynote, Robert Sweetgall, master pedestrian, will share both his own life experiences, including his walks across America (and walks across Montana) and the vast base of scientific research to help all attendees make smart-health decisions at every turn in the road.

Through a combination of engaging, interactive fun activities, colorful power point images, role plays, humorous anecdotes and easy-to-understand research findings, participants will be able to navigate a healthier life course by tweaking their lifestyles with small changes in physical activities, nutrition, rest & relaxation habits and more positive outlooks on life.

9:45 – 10:15 Refreshment Break – Visit the Vendors

10:15 – 11:45 BREAK OUT SESSIONS

Session Topic/Room	Session Description
Understanding and Addressing Senior Hunger in Montana	Panel – Minkie Medora, Lorianne Burhop, and Shawna Donaldson, Food Bank Network These presenters will discuss the status and data on Senior hunger in the state, the impact of hunger on seniors' physical and mental health and well-being and challenges seniors face in daily life. These presenters will share solutions through resources such as increasing participation in the SNAP Program, access to food and nutrition available through other food programs including the Senior Nutrition programs – Congregate Meals and Home Delivered Meals, Programs through the Montana Food Bank Network, increased access to Senior Commodity program, Senior Farmer's Markets, and other sources.
Motivating People Facing Limited Mobility and Challenges to Move More	Robert Sweetgall, Creative Walking, Inc. Even the smallest, incremental improvements in movement can have a very positive impact on physical, mental, emotional and spiritual health. Through live demonstrations, learn a wide variety of hands-on activities customized for special populations that will improve mobility, balance, flexibility, strength, energy, hope and overall health. Note, this session is appropriate for both caregivers and persons with limited mobility and challenges.
PEER SUPPORTS Panel Presentation	Jim Hanjy, Executive Director and Recovery Coach, Montana's Peer Network, Marcia Armstrong, Program Officer, DPHHS, Addictive & Mental Disorders Division, Severe Disabling Mental Illness Waiver (SDMI) Traci Clark, Project Director, DPHHS, Money Follows the Person Grant Peer Support Services have recently been added as a Medicaid waiver service under the SDMI waiver and have been developed as demonstration service under the Money Follows the Person Grant. This session provides an overview of the Montana Peer Network's effort in collaboration with Addictive and Mental Disorders Division to create peer support services. This session is relevant to anyone wanting to learn more about peer support services and to potential providers of peer support services. The objective is to educate the audience about the availability of these important services and to educate providers who are interested in providing this service
Update on Montana Alzheimer's State Plan	Dr. Patricia Coon, MD and Miranda Meunier GNP-BC This presentation will examine the status of Alzheimer's disease and other related dementias in Montana, the status and the importance of the Montana state plan for Alzheimer's disease

Lifespan Respite Overview and Caregiver Panel It Really is OK to Need It, Want It and Get It!	Facilitators: Vicki Clear, DEAP and Kerrie Reidelbach, Mt. Office on Aging - This presentation will provide a brief overview of the Lifespan Respite Project and stories by the caregiver panel
Protecting the Elderly from Abuse, Fraud and Scams	Panel Presenters: Bill Mercer, Former US Attorney; Chair – Elder Protections Task Force, Holland & Hart Law Firm, Denise Armstrong- Director, Big Sky Senior Services, Alex E. Ward, CPP, State President – Montana AARP, State President – Montana Crime Prevention Association, Billings, MT and Rene Labrie-Shanks, Missoula Aging Services. Most people don't realize how fast Montana is aging, and with that comes additional opportunities for people to be taken advantage of. Confidence Criminals are getting better at getting through people's defenses and taking them for money and valuables. People don't realize how easy it is to use information to purchase products or even get medical treatment using stolen information. This panel will lay out the problems of Fraud in Montana. It will also touch on Elder Abuse and especially Financial Exploitation. This panel has exceptional expertise in this area and should be able to answer difficult questions people may have on the subject

11:45 – 12:00 Break – Visit the Vendors
12:00 – 1:30 Luncheon – Mini-Grant Awards

1:30- 3PM –BREAK OUT SESSIONS

Session Topic/Room	Session Description
Understanding the Federal Governments Role in Native Communities	Lynnette Tubbs Verlaine, Fiduciary Trust Officer Northern Cheyenne Field Ops and Rocky Mountain Regional Office & Erin Harris-Church, IIM Coordinator Bureau of Indian Affairs Social Services This session will discuss the Social Services roles of OST FTO and BIA, financial literacy efforts, exploitation on the Reservation and OST's partnership with the State of Montana and AAA Legal Services to provide assistance with Indian Will writing on Montana Indian Reservations
Board Governance: Roles and Responsibilities Part I	– Peggy Owens CFRE Sage Solutions; Nonprofit Consulting, LLC: Take your board to a new level with this refreshing session focused on board roles and responsibilities. Just about every board needs to refocus on its appropriate role governing the organization. This workshop will reinvigorate your board, helping each member find the ideal role, build new skills and contribute personal vision to

	<p>your organization.</p> <p>This session, designed for both management and board members, explores how to form and maintain a governing body that promotes a healthy and successful nonprofit organization. Critical governance, leadership, and management issues will be examined including: strategic to action planning; organizational culture; board roles and legal responsibilities; effective oversight and budgeting strategies; recruiting and maintaining an active board; effective committee structure; and executive director/board relationships. Participants will be revitalized and gain knowledge, understanding, and resources necessary to lead their organization to mission fulfillment. They will receive a toolkit of templates they can utilize in their organization. Executive staff and board members are encouraged to attend this workshop together. <i>(this is the first of a three part session)</i></p>
Montana Medicaid Expansion	<p>Rebecca Corbett Medicaid Expansion Program Officer</p> <p>This presentation discusses how an individual can qualify and apply for the HELP Plan or Standard Medicaid through Medicaid Expansion, What health benefits are included in the HELP Plan and Standard Medicaid and where providers should submit claims for the HELP Plan and Standard Medicaid.</p>
TAI-CHI: The Gentle Exercise For Everyone	<p>Mark Cassell RN</p> <p>Tai Chi exercises have been practiced for over 900 years in the Far East. By practicing this exercise your journey for health improvement can begin by increasing endurance, developing improved balance and improving the body's ability to control chronic pain." Come join Mark for this interactive but relaxing session</p>
You Can Make a Difference: Advocacy and Testimony (Repeat Session)	<p>Claudia Clifford, AARP, Erin McGowan, Smith & McGowan, Inc. Bea Ann Melichar, Executive Director Alliance Resource Center</p> <p>A must attend session for everyone who depend on county, state or federal funds to support your programs and services. Get up to date information on the issues that are affecting senior citizens and their families across the State of Montana. Then learn how to present your points quickly and clearly when you are giving testimony during the legislative session.</p>
Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning	<p>Dr. Charlotta Eaton, MD</p> <p>Conversations with family members who are showing signs of dementia can be challenging and uncomfortable. The fear or lack of awareness that may accompany these conversations can result in delays that have serious consequences for the entire family. Common difficult discussions include going to the doctor, when to stop driving and making legal and financial plans. This Evidence based presentation offers helpful tips to assist families in having honest and caring conversations with family members about</p>

	dementia, the need to plan ahead, building a supportive care team and connecting families to resources in effort to reduce stress that accompanies caring for a person with dementia.
Understanding the Federal Governments Role in Native Communities (Repeat Session)	Lynnette Tubbs Verlaine, Fiduciary Trust Officer Northern Cheyenne Field Ops and Rocky Mountain Regional Office & Erin Harris-Church, IIM Coordinator Bureau of Indian Affairs Social Services. This session will discuss the Social Services roles of OST FTO and BIA, financial literacy efforts, exploitation on the Reservation and OST's partnership with the State of Montana and AAA Legal Services to provide assistance with Indian Will writing on Montana Indian Reservations

3:00-3:30 REFRESHMENT BREAK – VISIT THE VENDORS

3:30 – 5:00 BREAK OUT SESSIONS

Board Governance: Roles and Responsibilities Part II:	Peggy Owens, Sage Solutions; Nonprofit Consulting, LLC: This is a continuance (Part II) of a three part session, designed for both management and board members, explores how to form and maintain a governing body that promotes a healthy and successful nonprofit organization. Critical governance, leadership, and management issues will be examined including: strategic to action planning; organizational culture; board roles and legal responsibilities; effective oversight and budgeting strategies; recruiting and maintaining an active board; effective committee structure; and executive director/board relationships. Participants will be revitalized and gain knowledge, understanding, and resources necessary to lead their organization to mission fulfillment. They will receive a toolkit of templates they can utilize in their organization. Executive staff and board members are encouraged to attend this workshop together.
Mental Health 101	Kenneth Bell, Community Program Officer, Addictive and Mental Disorders Division & Vicky Varichak, Community Program Officer, Addictive and Mental Disorders Division Mental Health 101 provides an introductory overview of mental health and especially benefits direct service staff who work with individuals with mental illness. Attendees will learn about the DSM V and diagnosis; recovery; stages of change; thinking errors; and professional boundaries. This session will provide fundamental information about mental illness with the desired outcome for service providers to more effectively work with and understand individuals with mental illness.
Train Your Brain: Cognitive Enhancement Activities To	Nanette Whitman-Holmes, Life Enrichment Director, Touchmark Come hear about what current trends in neuroscience recommend for adult brains to age successfully. Take charge of your brain

Maximize Memory Ability	health by learning what you can do to stay sharp well into old age. Research is showing that doing certain activities will help improve memory and brain function in everyone. Maintaining good memory and cognitive abilities requires a holistic and multifactorial approach that includes many factors, some that we can't control, but some that we can! The different kinds of memory will be discussed as well as practical ideas that anyone can do to improve their overall brain health. The focus of the program will be how to keep the body and brain working together at optimal levels.
Hope For The Best, Plan For The Worst: Making Your Home Aging-Friendly With Assistive Technology	Mindy Renfro - MONTECH Participants will examine the design and function of their own home along with considerations of their own abilities/needs to allow them to age-in-place successfully in the home of their choice. Review of possible home adaptations, changes in living environment, and/or addition of assistive technology will all be introduced. Participants will leave with the AARP HomeFit Guide and the CDC's Check for Safety for their personal and/or professional use. We will quickly look at Personal Emergency Response Systems (PERS), sensor technology, automated medication dispensers, various ADL assistive devices, use of robots, home medical monitoring and other new technology systems that improve independence and self-efficacy.
14 Healthy Habits Of Aging	Robert Sweetgall, Creative Walking, Inc. Add years to your life and life to your years by making small lifestyle tweaks in the areas of movement, nutrition, humor & social bonding, emotional & spiritual wellness, positive/optimistic thinking and humanitarianism. Also, learn great ways to enhance brainpower with special activities & exercises to improve thinking / memory. Leave this workshop with your own personal plan for a healthier, happier life & more motivation for lifelong learning.

6:00 – HCBS AWARDS DINNER – Main General Session Room

THURSDAY – SEPTEMBER 15

8:30AM-10:00AM – BREAKOUT SESSIONS

Board Governance: Roles and Responsibilities Part III: <i>(*NOTE: this session only will be an hour session)</i>	Peggy Owens, Sage Solutions; Nonprofit Consulting, LLC: This is a continuance of a three part session, designed for both management and board members, explores how to form and maintain a governing body that promotes a healthy and successful nonprofit organization. Critical governance, leadership, and management issues will be examined including: strategic to action planning; organizational culture; board roles and legal
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<p><i>starting at 9AM</i></p>	<p>responsibilities; effective oversight and budgeting strategies; recruiting and maintaining an active board; effective committee structure; and executive director/board relationships. Participants will be revitalized and gain knowledge, understanding, and resources necessary to lead their organization to mission fulfillment. They will receive a toolkit of templates they can utilize in their organization. Executive staff and board members are encouraged to attend this workshop together.</p>
<p>Impacts of Family Involvement in Legislation</p>	<p>Julie Beckett – This session will review how families have changed federal policies for their children at all levels. Discussion will include IDEA, EPSDT, Title V and others.</p>
<p>Success Stories: Partnering For Success</p>	<p>PANEL – Waiver recipients and their care managers who are at the end of service will share their stories. What worked and made their partnership a success.</p>
<p>When Grandparents ARE the Parents: Offering Support, Education and Resources to Montana's Grandparents Raising Grandchildren</p>	<p>Deborah Albin, M.S. Program Manager, Montana Grandparents Raising Grandchildren Project <i>In Montana, more than 6,600 grandparents have the sole responsibility of raising their grandchildren outside of the state foster-care system. These families are formed due to a family crisis such as parental substance abuse, mental or physical health problems, death, incarceration, and teen pregnancy, and they often receive few services and little support. When “parenting the second time around”, grandparents and other kinship caregivers often experience negative emotions, struggle physically and financially, encounter difficulties working with social service organizations and the legal system, and are unfamiliar with parenting in the 21st century. Participants of this session will gain a greater understanding of grandfamilies, both in Montana and nationally, and the challenges they face. Additionally, national and Montana-specific information on legal (custody & guardianship), financial (TANF, SNAP, Medicaid), parenting (discipline, teens), and mental and emotional (depression, stress, grief) challenges will be shared. LOTS of information and materials to share and take home!</i></p>
<p>Snap Outreach And Application Assistance</p>	<p>LORIANNE BURHOP & JAMELYN STEENHOEK, MT FOOD BANK NETWORK SNAP is one of our most important and underutilized programs to ensure that seniors have access to adequate, nutritious food. Fewer than 1 in 3 eligible Montana seniors participate in the program. This session will include a basic overview of SNAP, ideas to address common barriers, and strategies to incorporate SNAP outreach and application assistance into the services you already provide. Important information for counselors and general public.</p>

10:00- 10:30 REFRESHMENT BREAK

10:30-11:45 KEYNOTE – JULIE BECKETT

ONE FAMILY'S AMAZING JOURNEY: ONE PERSON CAN MAKE A DIFFERENCE

Julie's daughter, Katie, being the first HCBS waiver person in the country had already lived an unbelievable life. As her family kept positive and active for other children living this life, Katie became a symbol of what could happen and has happened for many children living with special health care needs. How their communities embraced them and learned from them! Join the journey with Julie as she shares her personal story and how imperative our advocacy is for our loved ones.



11:45- 12:00 Closing Remarks – Joan Taylor, Chair, Governors Advisory Council on Aging

Door Prizes and 50-50 Drawing: Need to be present to Win!!!!!!!

12:00 Box Luncheon

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CLICK HERE TO REGISTER [Governor's Conference Registration](#)